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(54) Title: COMPOSITIONS AND USES THEREOF

(57) Abstract: Methods of controlling serum glucose levels in an individual are described, the methods including the step of administering to said individual a therapeutic food composition comprising a waxy and/or hydrothermally treated starch. The method may be used to treat or prevent hypoglycaemia in patients susceptible to hypoglycaemic episodes, for example patients with glycogen storage disease, diabetes or liver disease. The method may also be used in sports nutrition. Also described are compositions for use in the methods.